

New Meal Pattern- National School Lunch Program Updates SY 2014-2015

Arizona Department of Education

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“New Meal Pattern-National School Lunch Program Updates SY 2014-2015” is intended for the School Food Authorities in the state of Arizona. All regulations are specific to operating the National School Lunch Program under the direction of the Arizona Department of Education.



National School Lunch Program (NSLP)

- o As part of the Healthy, Hunger-Free Kids Act of 2010, changes to the National School Lunch Program (NSLP) Meal Pattern continue to be phased in.
- o The goal is to ensure children have access to nutritionally balanced, low-cost or free lunches each school day.
- o This presentation will review the National School Lunch Program Meal Pattern and highlight the new requirements for School Year 2014-2015.

Changes for SY 2014-2015

Meal Components

- ✓ Grains

- All grains (oz./eq) must be whole grain rich

Nutrient Components

- ✓ Sodium (mg) Reduction

- Weekly Average Requirement: Target 1 for Lunch Program

NSLP Meal Pattern- Components

	Daily	Weekly
Fruit	Daily Serving	Weekly Total Fruit Juice
Vegetables	Daily Serving	Weekly Total Vegetable Juice Subgroups
Grains	Daily Serving	Weekly Range (min/max*) Whole Grains Desserts
Meat/Meat Alternate	Daily Serving	Weekly Range (min/max*)
Milk	Daily Serving Two Varieties	Weekly Total

NSLP Meal Pattern-Nutrients

	Daily	Weekly
Calories		Average over the week must fit into range
Saturated Fat		Average over week: less than 10% of total calories may be saturated fat
Sodium (mg)		Average over the week must fit into range
Trans Fat	Daily, no trans fat	

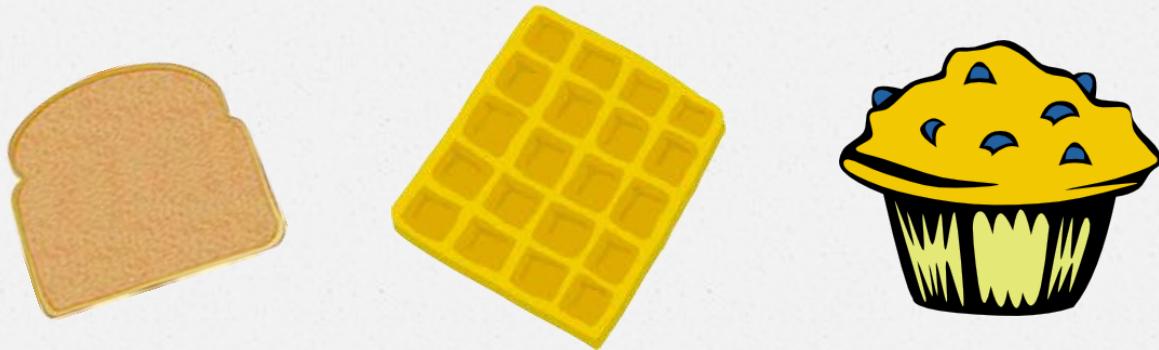
Grains

- o Daily and weekly minimums must be met.
- o No maximums
- o **New for 2014-2015**
 - o All grains offered must be whole-grain rich
 - o No change in weekly (daily) amounts

Grade Level	SY 2013-2014	SY 2014-2015
K-5	1 oz eq daily 8-9 oz/eq weekly	1 oz eq daily 8-9 oz/eq weekly
6-8	1 oz/eq daily 8-10 oz/eq weekly	1 oz/eq daily 8-10 oz/eq weekly
K-8	1 oz/eq daily 8-9 oz/eq weekly	1 oz/eq daily 8-9 oz/eq weekly
9-12	1 oz/eq daily 10-12 oz/eq weekly	1 oz/eq daily 10-12 oz/eq weekly

What is “whole-grain rich?”

Whole-Grain Rich: Whole grain-rich products contain at least 50% whole grains and any other grain ingredients are enriched **OR** all grains are 100% whole grain.

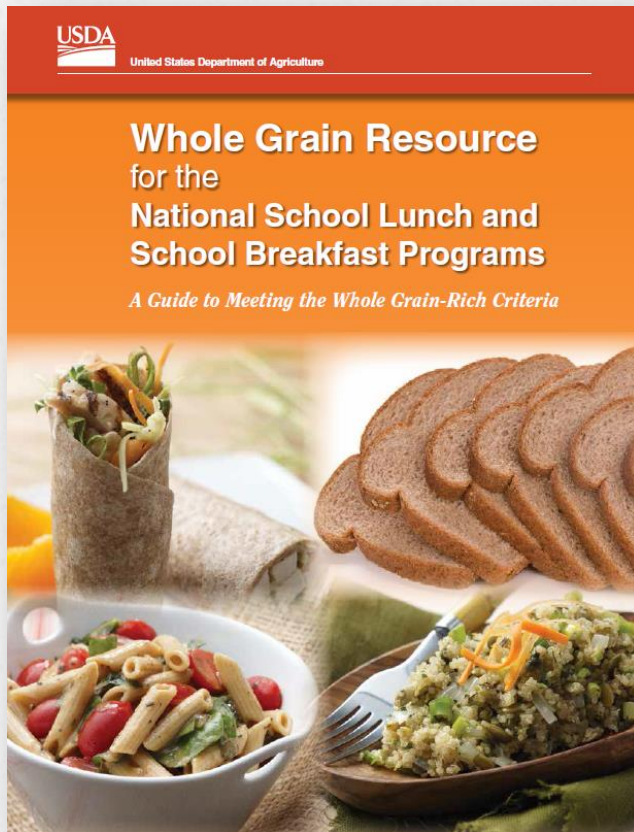


How do I determine if a product is “whole-grain rich?”

1. The product lists a whole grain **first** on the ingredients statement
 - o For mixed dishes: a whole grain must be the primary ingredient by weight
2. Use [Exhibit A in the Food Buying Guide](#) to determine ounce equivalents.
3. The product includes the FDA-approved whole-grain health claim on its packaging:
 - o "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."



Whole Grain Resource



- o USDA has released a Whole Grain Resource to help with meeting the new whole grain-rich requirement.

<http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf>

Nutrients-Sodium Reduction

NEW for SY 2014-2015

- o Sodium Reduction: Target 1 for Lunch Program

Grade Level	Calories (kcal) Weekly Average	Sodium (mg) Weekly Average	Saturated Fat (g) Weekly Average	Trans Fat Daily (g)
K-5	550-650	≤ 1230	≤ 10	0
6-8	600-700	≤ 1360	≤ 10	0
K-8	600-650	≤ 1230	≤ 10	0
9-12	750-850	≤ 1420	≤ 10	0

All LEAs are required to comply with these changes
beginning **July 1, 2014.**

Please contact your ADE School Nutrition Specialist if you
have questions or email at ADESchoolNutrition@azed.gov

